

# Facilitating Referrals Between Diabetes Self- Management Programs : Working towards a common goal

**Diabetes Education**

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# Diabetes Self-Management Education



- ✱ Reduces hospital admissions and readmissions
- ✱ Lowers A1c
- ✱ Reduces onset &/or advancement of diabetes complications
- ✱ Improved lifestyle behaviors: healthy eating and exercise
- ✱ Enhanced self-efficacy and empowerment
- ✱ Increased healthy coping skills

# Diabetes Self-Management Education

- The ongoing process of facilitating the knowledge, skill and ability necessary for diabetes self care
- This process incorporates the needs, goals and life experiences of the person with diabetes & is guided by evidence-based research

# DSME: Objective

- To support informed decision making, self-care behaviors, problem solving, and active collaboration with the health care team.
- To improve clinical outcomes, health status, and quality of life.
- Is an interactive, collaborative, ongoing process
- involving the person with diabetes (or the caregiver or families) and a diabetes educator(s).

Diabetes Self-management Education and support in Type 2 Diabetes: a joint position statement of the ADA, AADE and AND. 2015

# Diabetes Self- Management Support

- Activities that assist the person with diabetes in implementing and sustaining the behaviors needed to manage condition on an ongoing basis
- The type of support provided can be behavioral, educational, psychosocial , or clinical.

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# Diabetes Educators

- Nurses, pharmacists, dietitians, and other healthcare professionals with special training in diabetes care who counsel patients on how to incorporate healthy behaviors into their lives.



**Diabetes self-management education/training addresses 7 self-care behaviors known as the AADE7™. These behaviors are:**

- 1. Healthy eating
- 2. Being active
- 3. Monitoring
- 4. Taking medication
- 5. Problem solving
- 6. Healthy coping
- 7. Reducing risk



It takes more than  
a village

**Complimentary  
programs to support  
diabetes  
management**

Diabetes Self-Management  
Education / Training

Stanford's Diabetes Self-  
Management Program

Diabetes Prevention Program



# Complimentary Programs

## **Diabetes Self-Management Education**

- Diabetes : T1DM or T2DM
- At diagnosis, annual, with complicating factors and transitions in care

## **Diabetes Self-Management Program**

- Ideal for T2DM, especially for people with history of poor blood glucose control

# Complementary Programs

## DSME

- Accredited / recognized by AADE or ADA
- Referrals by healthcare providers

## DSMP

- Recognized Stanford program, control trial tested
- Self , community or HCP referrals

# DSME / DSMP / DPP

<b><u>Facilitator Or Instructor</u></b>	<b>Licensed Health Professional (Nurse, dietitian, and/or a certified diabetes educator) coach</b>	<b>Two lay leaders (at least one with diabetes)</b>	<b>Typically led by one lifestyle coach who is also affiliated with a Recognized (or Pending Recognition) Diabetes Prevention Program.</b>
<b><u>Intended outcome</u></b>	Focuses on medical management of the disease & lifestyle management	Focuses on management of lifestyle behaviors and emotional management	Focuses on diet and exercise and behavior modification
<b><u>Program Length</u></b>	10 hours (1-2 hours individual counseling; 8-9 hours in group)	15 hours, all in group (2.5 hours/week for 6 weeks) approximately 5 hours of diabetes content	<u>Year-long program</u> <u>Core sessions:</u> 1 hour a week ~16 weeks <u>Poste Core:</u> 1 hour per month for 6 months

# Patient Referrals

## Pre-Diabetes

- 1) Diagnosis of pre-diabetes
- 2) Risk factors for diabetes

Preventing  
Diabetes  
Class

UMCDE  
BWMC

## T1DM or T2DM

- 1) New diagnosis
- 2) Inadequate glycemic control
- 3) Change in treatment plan

Diabetes Self  
Management  
Education

UMCDE  
BWMC

## T2DM

- 1) Needs refresher
- 2) Challenged by DM self care habits
- 3) No insurance

Diabetes Self  
Management  
Program

Dept of Aging  
& Disabilities :  
Living Well

# Theresa

- T2DM, A1c = 9.7% 12/2013, Endocrinologist recommends DSME 2013
- Theresa attends 4 classes, struggles with self care habits, stressful job biggest obstacle
- Theresa retires, visit 1/2014 A1c = 9.2%, more time for exercise/self care habits
- 5/2015, A1c = 9.9% Struggles with DM control, returns for individual appt,
- Pt improves exercise & meds, 8.5% 7/2015
- 1/2016 ,A1c= 11.1%, struggling refer to DSMP and Support Group and CDE, 8/2016- 9.6%

**ShopRite of Glen Burnie**  
in partnership with  
**AA Co. Dept of Aging and**  
**BWMC**  
**Present:**

## **Living Well with Diabetes**

**A six week workshop designed  
to help manage your diabetes;  
including how to manage your  
blood sugar, how to count  
carbohydrates, how to avoid  
complications, how to read  
labels and much more.**



**Glen Burnie  
Public Library**

# Connections

## ○ **Community DSMP**

- Send flyer to RDs in and out pt setting
- Send flyer to office staff at Diabetes Center office, CDEs, Endocrinologist
- Refer pt struggling, refuse CDE, need extra support

## ○ **Grocery Store RDs**

- Meet, share business cards
- Recommend grocery store tours
- Promote weight loss classes
- Promote cooking demos
- Attend health fair or give marketing info to RD to distribute at health fair

# Non- Compliant

- Medical label
- Not specific
- Not problem solving
- Shameful
- Not helpful



# Non-Compliant to Self Care Hair Care



# Complaint Hair Care

- ◉ Wash & condition, towel dry and wide comb
- ◉ Proper product for styling
- ◉ Dry with fingers
- ◉ Dry with brush
- ◉ Additional appropriate product for ironing
- ◉ Flat iron
- ◉ Hair spray applied with fingers
- ◉ Brush hair BID

# My reasons/excuses for non-compliance

- Genetics
- No time
- Products too costly
- No skill, too difficult
- Time consuming
- Not so bad natural hair

# Goal: better hair

- Each time at appointment, learned new skill
- Asked for description as she worked on hair
- Asked for observation as I tried the skill
- Practiced new skill as often as I could
- Planned spending 2 mornings on styling hair
- Linked hair brushing to flossing and brushing teeth
- Grace

# Rome: June 2016

